**Missoula County Public Schools**

**Graduations Matters Missoula Student Wellness Subcommittee**

Wednesday, May 28, 2014

3:30-5:00pm

Administration Building, Room 14

**Guiding Question:**

How do we work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students so that we may ensure 100% graduation for all students, regardless of circumstances?

**Long term targets:**

***Enhance Student Wellness*** – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students. Work on both policy and curricular recommendations in the following subcategories:

* Nutrition
* Physical Activity
* School Health
* Mental Wellness/Substance Abuse Prevention

**Short term targets:**

1. Reports from each team (Physical Activity, Nutrition, Behavioral Health, Personal Health) including:
   * Long-term goal
   * Short-term action plan
   * Time line
   * Point person

2. Feedback and discussion on each report from all committee members

**AGENDA**

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| **3:30-3:35** | Welcome, review agenda, introductions (Heather)  Heather welcomed all attendees and reviewed the agenda, including the subcommittee’s guiding question, long-term and short-term targets. All participants introduced themselves. |
| **3:35-3:45**  **3:45-3:55** | Report from Physical Activity Team (Lisa B)   * 1. Long-term goal   2. Short-term action plan   3. Time line   4. Point person   Feedback and discussion on Physical Activity team report  PA team shared their report, see meeting resources. Discussion of recently released research study that demonstrates our work is evidence-based and how we can incorporate PA graphic into all areas of the GMM Student Wellness team’s. |
| **3:55-4:05**  **4:05-4:15** | Report from Nutrition Team (Lisa C)   * 1. Long-term goal   2. Short-term action plan   3. Time line   4. Point person   Feedback and discussion on Nutrition team report  Nutrition team shared their report, see meeting resources. Current focus is on staff survey and developing resources/alternative ideas lists for use by staff and parents. Discussion from team members about the need for more strongly worded goals and action steps that will lead to improved nutritional environment in schools. Also discussion of developing a county-wide survey focused on nutrition that educates while also gathering data about current habits/beliefs. First survey would establish broad community base-line, in conjunction with BMIs, and allow us to measure progress longitudinally. |
| **4:15-4:25**  **4:25-4:35** | Report from Behavioral Health Team (Carol E)   * 1. Long-term goal   2. Short-term action plan   3. Time line   4. Point person   Feedback and discussion on Behavioral Health team report  Behavioral health team shared their report, see meeting resources. This group has a variety of areas of focus: MBI, CSCT, suicide prevention, healthy relationships, substance abuse prevention, etc. and the group is working to coordinate activities and efforts to utilize limited resources most effectively. |
| **4:35-4:45**  **4:45-4:55** | Report from Personal Health Team (Linda S)   * 1. Long-term goal   2. Short-term action plan   3. Time line   4. Point person   Feedback and discussion on Personal Health team report  Personal health team shared their report, see meeting resources. Focus at this time is on stock epinephrine policy and procedures in conjunction with anaphylaxis management and prevention committee work. Ultimate goal is to be more focused on prevention and less on reaction. |
| **4:55-5:00** | Closing and next steps (Heather)  Exit Ticket: Committee members were asked to complete a brief exit ticket. See resources for typed responses.  See meeting dates for next year below.  ***Proposed 2014-2015 TEAM LEADERS meetings:***   * Wednesday, August 27, 2014, 3:30-5pm, Administration Building Room 14 * Wednesday, October 22, 2014, 3:30-5pm, Administration Building Room 14 * Wednesday, January 28, 2015, 3:30-5pm, Administration Building Room 14 * Wednesday, February 25, 2015, 3:30-5pm, Administration Building Room 14 * Wednesday, April 22, 2015 3:30-5pm, Administration Building Room 14   ***Proposed 2014-2015 QUARTERLY meetings:***   * Wednesday, September 24, 2014, 3:30-5pm, Administration Building Room 14 * Wednesday, December 3, 2014, 3:30-5pm, Administration Building Room 14 * Wednesday, March 4, 2015, 3:30-5pm, Administration Building Room 14 * Wednesday, May 27, 2015, 3:30-5pm, Administration Building Room 14 |